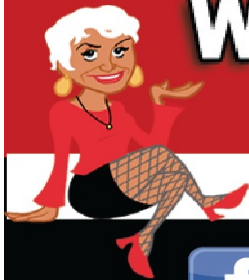


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## PORTOBELLOS AND GOAT CHEESE

Final Lifestyle

### Ingredients

- 1 cup prepared marinara sauce
- 4 large Portobello mushroom caps
- 1 package (4 oz.) mild goat cheese (chèvre or Montrachet), cut into 4 pieces
- 2 TBS finely chopped pitted black olives
- 1 TBS chopped parsley

### Instructions

1. Preheat the oven to 375°.
2. Spread marinara sauce in the bottom of a 9" x 9" baking dish
3. Arrange mushroom caps, gill side up, on top. Place a piece of goat cheese on each mushroom. Sprinkle evenly with olives. Bake 30 minutes, or until hot and bubbly.

### Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 mushroom cap, 1 TBS marinara sauce = 1-1/2 V, 1 M, 1/2 FT

\*Note: This recipe calls for a garnishing with sesame seeds, which are normally returned to one's lifestyle in the Stabilization process. Make sure you use plain, dry sesame seeds (1 TBS - 50 calories, 4.5 gr. fat). DO NOT use roasted or toasted sesame seeds because 1 TBS of those = 160 calories and 14 gr. fat!!.